

2013 NAC Masters Spring Chicken LC Classic

June 2, 2013



RULES: 2013 USMS Long Course Rules and Southeastern LMSC Safety guidelines and warm-up procedures will govern. Safety guidelines specify feet-first entry during warm-ups, except for designated sprint lanes. All events will be timed finals.

USMS SANCTION NUMBER:

HOST CLUB: Nashville Aquatic Club Masters

LOCATION: Tracy Caulkins Competition Pool at Centennial Sportsplex
222 25th Avenue North Nashville, TN 37203 (615) 321-3510
Directions to the Sportsplex can be found on www.swimnac.com.

ELIGIBILITY: All swimmers must be registered with United States Masters Swimming, Inc. Swimmers need to attach a copy of their USMS card to their entry forms or will be asked to show a 2013 USMS registration card upon check-in. If not yet registered, swimmers can register online with USMS after the entry due date or at the meet, but swimmers must be USMS registered before swimming any events at the meet.

MEET DATE/START TIME:

Sunday, June 2, 2013 **OPEN** Warm-ups: 9:00am
Meet Start: 10:00am

SEEDING: All events will be seeded slowest to fastest without regard to age or gender. Swimmers with no seed time may indicate “No Time” or “NT” in the time slot and will be seeded as slowest times. Results will be tabulated by gender and age group, as defined by USMS.

DISABLED SWIMMERS: An information sheet for disabled swimmers is available to prepare the facility and meet officials. Please contact the Meet Director.

ENTRIES & FEES: A swimmer may enter up to five (5) individual events for a \$35 flat fee if done online, or \$45 if done by paper. **Note:** There are anticipated short breaks after Events 14, 24, and 37, but they will depend on the number of entries and the length of the meet. Late entries, as well as deck entries, will be accepted with an additional \$20 fee. Age for entries is determined by the swimmer’s age on December 31, 2013. Please submit entries on the attached form. Swimmers can scan and e-mail the entry form or mail a hard copy to the address below. Checks should be made payable to **Nashville Aquatic Club**.

Online entries available at: https://www.clubassistant.com/club/meet_information.cfm?c=1982&smid=4715

ENTRY CHAIR: **Please submit entries to:**
Doug Wharam
Nashville Aquatic Club
P.O. Box 128318
Nashville, TN 37212
dwharam@swimnac.com
(615) 321-3510

Please direct questions to:
MEET DIRECTOR: Chris McPherson
nashvillemacs@mac.com
615-554-3354
MEET REFEREE: Charlotte Gabel
cosmogabel@gmail.com

DEADLINE: **All individual entries and fees must be received by Friday, May 24, 2013.** Any entries arriving after that date will be considered late and require an additional \$20 fee. Relay entries will be accepted until 9:45am on the day of the meet.

AWARDS: A strong handshake and lots of clapping.

POOL DESCRIPTION: The competitive pool at the Sportsplex is 50 meters with 8 lanes. Pool depth is a minimum of 7 feet. It is equipped with Colorado Timing and is certified by USMS. Warm-up/warm-down lanes will be available throughout the meet in an adjacent 25 yard pool.

FACILITY RULES: The Centennial Sportsplex respectfully asks that no outside coolers, food, or drinks be brought into the building. Additionally, no food or drinks (with the exception of water bottles) should be brought into the pool area. Only swimmers, coaches, and meet personnel will be allowed on the pool deck at any time.

SPECIAL NOTES:

All men's, women's, and mixed events will be swum separately, however, the Meet Director reserves the right to combine heats and/or events in order to facilitate the conduct of the meet.

The Meet Director reserves the right to limit the number of entries in any event in order to run the meet within the time allocated.

The Meet Director reserves the right to insert additional breaks to provide sufficient rest for the swimmers between events.

The HYTEK event file, psych sheet, results, and other meet information will be posted on the NAC website (www.swinnac.com) as they become available.

HOTELS:

Hampton Inn Elliston Place/West End

Stewart Peterson, Sales Manager

Direct Phone: (615) 620-5085

Fax: (615) 327-4723

E: speterson@chartwellhospitality.com

Hampton Inn & Suites Vanderbilt Elliston Place: 615-320-6060

Hampton Inn Vanderbilt West End: 615-329-1144

Holiday Inn Vanderbilt

Charlotte Siegel, Sales Manager

P: 615-321-8250

E: charlotte.siegel@ihg.com

Marriott Courtyard/Residence Inn (Maryland Farms)

Kimberly West

Account Executive

MARRIOTT INTERNATIONAL CENTRAL/EAST TENNESSEE

611 Commerce Street / Nashville, TN 37203

T: 615-684-2349, F: 615-807-4919

Kimberly.West@marriott.com

Courtyard by Marriott Vanderbilt/West End

Jennifer Clark, Sales Manager

P: 615-327-9900, ext. 111

E: jclark@courtyardvanderbilt.com

2013 NAC Masters Spring Chicken LC Classic
Order of Events

Event # (W/M/Mixed)

1/2/3	200 Medley Relay
5/6	400 Free
7/8	50 Back
9/10	100 Breast
11/12	200 Fly
13/14	50 Free
15/16	400 IM
17/18	50 Fly
19/20	200 Free
21/22	100 Back
23/24	200 Breast
25/26	100 Free
27/28	200 Back
29/30	50 Breast
31/32	200 IM
33/34	100 Fly
35/36/37	200 Free Relay
39/40	800 Free
42/43	1500 Free



2013 NAC Masters Spring Chicken LC Classic Entry Form

Name: _____ Address: _____
 City/State: _____ Zip: _____ Phone: _____
 E-mail Address: _____
 Age on December 31, 2013: _____ Date of Birth: _____ Sex: _____
 USMS Registration #: _____ Team Name: _____ Team Initials: _____

Please circle event numbers and enter a time!

<u>Women's Entry Time</u>	<u>Event in Meters</u>	<u>Men's Entry Time</u>	<u>Mixed Entry Time</u>
1 _____	200 Medley Relay	2 _____	3 _____
5 _____	400 Free	6 _____	
7 _____	50 Back	8 _____	
9 _____	100 Breast	10 _____	
11 _____	200 Fly	12 _____	
13 _____	50 Free	14 _____	
15 _____	400 IM	16 _____	
17 _____	50 Fly	18 _____	
19 _____	200 Free	20 _____	
21 _____	100 Back	22 _____	
23 _____	200 Breast	24 _____	
25 _____	100 Free	26 _____	
27 _____	200 Back	28 _____	
29 _____	50 Breast	30 _____	
31 _____	200 IM	32 _____	
33 _____	100 Fly	34 _____	
35 _____	200 Free Relay	36 _____	37 _____
39 _____	800 Free	40 _____	
41 _____	1500 Free	42 _____	

Please read and sign:

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware off all of the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS VOLUNTEERING OR OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. IN ADDITION, I AGREE TO ABIDE BY AND BE GOVERNED BY THE RULES OF USMS.

Name (print): _____ Signature: _____ Date: _____

ENTRY FEE (\$45 for paper) \$ _____
 LATE FEE, if applicable (\$20) \$ _____
TOTAL \$ _____
 (Check payable to **NAC**)

Mail to:
 Doug Wharam
 Nashville Aquatic Club

P.O. Box 128318
Nashville, TN 37212

Attach a copy of 2013 USMS registration card here.